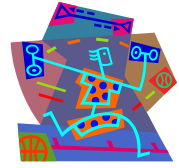




Claude Moore Recreation Center Request for Personal Training



Claude Moore Recreation Center offers 30 minute and 55 minute individual and partner Personal Training sessions to our patrons according to the price schedule listed below. We offer sessions on a one-time basis or in 5 session or 10 session blocks. Due to the shortage of qualified Personal Trainers, we cannot guarantee that we can fulfill every request but we will make every effort to due so.

Only Personal Trainers who are staff members of the Claude Moore Recreation Center, or approved Trainers of a contracted vendor, are allowed to train clients at our facility. All transactions for Personal Training are to be completed at the front desk.

Prices for Personal Training for County Residents

	Private Lesson	Partner
1 session- 55 minute	\$50	\$75
5 session- 55 min	\$237.50	\$356.25
10 session-55 min	\$450	\$675
1 session-30 minute	\$30	

Prices for Personal Training for non-County Residents

	Private Lesson	Partner
1 session- 55 minute	\$75	\$112.50
5 session- 55 min	\$356.25	\$534.38
10 session-55 min	\$675	\$1,012.50
1 session-30 minute	\$45	

Please fill out information below & you will be contacted by a Trainer:

Trainee's Name: _____ Today's date: _____

Date of Birth: _____ Gender: _____ Home Phone: _____

Work/Cell (circle): _____ Best Time to Call: _____

Street Address: _____ City, State: _____

Email address: _____

Preferred days: _____

Preferred times: _____

Trainer Preference: Female Male No preference (we will try our best to comply)

Household ID # _____ (if known)

If trainee is 12-17 years of age, please complete following:

Parent's Name: _____ Date of Birth: _____

Please complete questions on back side, then return this form to front desk, or:

Mitchell.Frid@loudoun.gov

Exercise History

How often do you perform a Cardio workout? _____

What/how long? _____

How often do you Strength Train? _____

What/how long? _____

If not currently working out, when was the last time you had a **consistent** (at least 3X/week) workout routine?

Have you ever worked out with a trainer before: Yes No

If yes, how would you describe your experience? _____

Health History: (you will be asked to complete a short health history questionnaire at your first meeting)

Do you have any health issues we should be aware of? For example: Diabetes; heart problems; high blood pressure; broken bones; replaced joints; torn muscles/tendons...

Goals: (e.g. increase strength; improve muscle tone; improve endurance; lose fat; ...)please be as specific as you can
